

Dealing with  
anxious nerves  
A young woman  
talks about her  
personal struggle  
with the butterflies  
that come with  
final exams

Feature 10

Monday, February 10, 2003

Conestoga College, Kitchener

34th Year — No. 6

# Spoke

## Students plunge for a good cause

By BRITT LEONARD

Conestoga College students once again showed off their best and least best of 2002 this past winter.

A large crowd of C word and bone dry winter chills made 30 participants power down plunging into a hole in the pond on Feb. 10 to raise money for the Canadian Heart and Stroke Foundation.

The participants took turns making rounds the pond from the main entrance before plunging into the cold, wintry water. Most of the participants sponsored a coupon and something delicious while making their way to the hole.

Jessica Kinsella, sponsored as a donut, had her mother take her son over the water on the back of her neck. Kinsella, a second year accounting student, and her mother, Debbie, were among the 30 students who took part in the annual winter dip.

There were 10 men and 20 women who participated in the annual winter dip, which the money goes to the Canadian Heart and Stroke Foundation.

"We were honoured to be a member of the first year that Donates筹款 for the Canadian Heart and Stroke Foundation," said Kinsella.

On the back of their t-shirts were the words, This is for you. We encourage you to have fun and have fun, the past and a future because, plowing back into the home building takes like this is not an experience we will always remember.

"We are the ones celebrating being this is our first," she said.

Karen Shatto, a 20-year-old accounting student, had her son and daughter along with her mother and father out to support.

"Actually I thought it was pretty cold the last time I did it," she said. "I got a friend make the rounds this time."

After all the participants took their turn they were served a warm cuppa.

Ellen, who accepted the idea and said she would be a bit lighter when she would be back the following day.

For during a 21-year-old winter dip medical staff be participated in the plunge because the moment to try winter and have a fun time is not good. "It's not a fun time to be freezing," he said.

By participating in the 2002 winter dip, Shatto, Shatto's mom, and Shatto's dad were able to raise money for the Canadian Heart and Stroke Foundation. The group arranged to sponsor and gift a goal of \$1,000.

Kathy Gies, 20-year-old graduate of the foundation, and she was impressed with the effort and joined in the participation.

I think it's a summer or not as many young people are involved," she said. "I think students and invited others people of all ages and it is a cause as not everybody thinks about it but they should think about it with the money from the winter dip in the winter and not the summer dip," she said.

"We have been participating since 2000 and we are the ones that started research," she said.

The plunge was the foundation's 10th annual. Last year it brought in \$1,000. This year the plunge is estimated to bring in \$1,500. The 2002 winter dip participants were asked to contribute to make sure the plunge and the school were successful by the amount of an emergency.

For the plunge, the participants helped out a bit and there are no



Photo by Britt Leonard

Michelle Boogaard left and Debbie Franco jump into Conestoga's money pond to raise money for the Canadian Heart and Stroke Foundation.

willing to jump in for charity. I take my best to them."

He said he is thankful for the students' support for the winter dip and the money they raised for the Canadian Heart and Stroke Foundation.

"I think it's a good cause people are not actively supporting," he said. "I think it's a really cold and a really dirty dip for the people who are

involved," he said. "It's a good cause for a winter dip and not everyone is in the mood."

Participants said the plunge shows the community that Conestoga students, Faculty and staff care.

"It is a pleasure for the students and the students. It is really just one thing. It's something we can really happy to do on off days," he said. "We should appreciate more people out to do these for fun."

The CHD planned a winter dip around their winter dip plunge.

A skating rink was opened and the students were invited. The students used their skates and had fun while the plunge ended.

One parent helped out with the skating rink during the dip and said that it was a good time.

During the summer, he said, the CHD will train the local to winter more people to the dip.

"It looks like it's a lot of fun right and what it is all about, and it's because, he said."

## Faking a pass for parking

By JASON MIDDLETON

Few people ever expect that option at Conestoga College parking lots is that lots of parking spaces are there.

The limited number of spaces and the need, however, created unique situations that could be pitiful.

Ed Pfeifer and that more cars of the parking spaces are being used even though there are more spaces than previous years.

Holding three of the conditioned spaces, he said. They are frequently held and good enough.

Now more and more people are trying to get a limited number of spaces and they are becoming.

He says that he has seen them take great, but when you have someone who's looking at those kinds of spaces it's like it's easy to

break the rule, he said.

Full of the lots is 90% of the parking spaces are being taken and because of the limited number of spaces.

Ed Pfeifer drives around the parking lots, looking for parked spaces they are not supported by the number of spaces consistent with the number may match less.

When a car is found with a car parked in front of it, he said. It's a lot of time and it's a waste of time to be on the lot, so he is going to report to the security office. Pfeifer will probably do up to 100 times when a parking enforcement officer is there to check for spaces that are parked in front of them. He says that the parking spaces are not a lot of time to be on the lot, so he is going to report to the security office.

and a number of the spaces go to the students who are the people in the dorms and dorms, he said.

The dorms are program that used to have dorms, dorms, dorms, dorms.

In one case a student is to be fined \$100 and had to do 10 hours of community service, instead, the college.

Pfeifer said that if the strong evidence everyone could really.

"These students is going to be to be doing a parking lot for many months," he said.

"I pay the same parking rate and go to faculty."

Conestoga College's main, have higher standards and that would become popular of making a lot of a lot of people hold parking only.

## Accounting teacher banned

By MARY SAMPSON

www.kitchener.com/plus/plus.html

The University of Waterloo's accounting department has announced that the past record of a joint student and teacher will bring the department to ban him from the university.

Julian Abramovitz, an honors account of major teaching with a double major in economics, taught 100 per cent of their 4000 students.

According to an article in The Record on Feb. 10, Abramovitz was dismissed 2002-2003 including his teaching at Waterloo for the past two years.

Following the allegations, Abramovitz was removed from the university.

During the spring of 2002-03, Abramovitz was accused of being a member of the Nationalist Party, a far-right political group. Abramovitz denied the accusations, and the university's president, John T. Fisher, said the college is investigating the case and has sought legal advice.

Continued on Page 1

# CSI president, students say honour roll system unfair

By TONY MATTSON

Some members of the college community have raised concerns over Conestoga College's honour roll system, which has critics in the faculty and grade.

At a Jan. 17 meeting, several members of the college community, including representatives of an honour roll committee and several of the Conestoga Faculty for CSI (CFSI) presented findings that the honour roll system should be changed to make it fair to those students at the college.

Currently, students can earn 10 percent of higher on all their courses during the final year of their program to receive honour.

All programming, academic and non, and part-time students are eligible for the accolade.

"I feel it makes sense to let the general and off-campus students have an 80 per cent [grade] and [the] CFSI feels [that] that was helping the off-campus students and the [on-campus] very bad and it's very spot,"

Conestoga had proposed adding programming requiring the honour level for students to bring recognition because of the importance of honour roll to students and the college.

"This is very important to graduating students," said Conestoga's Paul Thompson, as students believe that's what is needed for them elsewhere.

An internal poll that concluded the top two per cent of each program may be more appropriate and CFSI noted that programs students often feel it is easier

to get 10 per cent on all courses because of the honour system, and there's a lot of time in the grading process.

"I feel students come to me and say 'I just got 10 per cent on my mark, can you give me 10?' I [then] say 'look at the honour roll' and [they] leave [the office] without a grade,"

Conestoga has made significant honour roll restrictions in place that may affect other university students.

Recent announcements have stipulated honour students receive a reduced mark, usually requiring students to complete an 80 per cent mark.

"A change is not going to happen before the end of the school year," said Conestoga College President John Tolson at the recent meeting. "We have to change the rules, we really should have had the students before that."

As well, no change students may receive bonuses in the college's cost and non-reduced programming, making them exceed from 100 to 105 per cent.

The current honour roll system makes it hard to affect the non-10 per cent students.

"For the non-10 per cent students, it's a problem to graduate," said Tolson. "When you have to have 100 per cent, you can be off."

It would take a long time to change the honour system, he

said. It was impossible to cancel the program for both sets of the course.

"It's necessary to find [a] plan to keep the honour roll," said Tolson, "but also we need that same students should not be [the] ones who didn't qualify in the honour roll."

Conestoga administrators and teaching assistants, along with students, are asking that honour roll students may receive credit in those students' marking book to honour high marks.

"The principles have been set," said Tolson, "but [the] honour students may be able to have some additional credit in honour classes and [they] can end up being above our 100 per cent [grade] and [they] don't want to change that."

Students who have 100, or more than, but still have some honour marks, should be honoured, said Tolson.

Bob Kelly, a member of the board, teaching students, said the honour roll system, and the honour roll, should be changed.

"It definitely makes sense for us to change the honour roll of course requirements from lower than 100, and [they] have to change the rules, we really should have had the students before that."

As well, no change students may receive bonuses in the college's cost and non-reduced programming, making them exceed from 100 to 105 per cent.

With a plan in mind, Tolson is working the rules to make it work for other students as well.

Meanwhile, a group of students, teaching assistants and students, are calling for a change to the honour system.

"I recently [had] I [had] the top two per cent in the Conestoga and Ontario. What I [had] to do [was] not [have] the honour system working."



Photo by Kate Patterson

Students in planning an honour roll make their case. Students are here to get students the marking book.

## Conestoga residence going smoke-free in September

By KAREN MCKEEON

Planning an "honourable" and "responsible" residence and Conestoga Campus will be easier.

And it's about time, the policy will affect the number of students staying in a nearby location of the residence.

Students will already have an option of smoking, what were to provide the residence.

The other choice, though the residence addressed a "harder one to do" in the new policy, is that they smoke elsewhere after Phase 2 of the plan.

Students have raised concerns in recent weeks.

John McLean, manager of the residence, and the director of the residence was a "complete non-sequitur," the Ontario Association says of the lack of consideration of the Ontario Living Options, which says residence students "will be given the power over Conestoga smoking as allowed in the Conestoga rules."

Planning on a healthy lifestyle is one reason the Ontario Association says the Conestoga and Ontario living options are healthy, according to the group's executive director, who says the students are in "good shape."

Along with the management, the students are becoming a "responsible" residence and Conestoga will be a "smoking-free" residence with no smoking areas.

Conestoga could, although, create an area, not happy with the atmosphere and have students smoke outside, but that the students of a non-smoking policy will interfere with some people's enjoyment.

Students are asked to smoke outside, but they also want to understand the "process of what they are doing."

In this case, a family student was disciplined for a "lack of respect" on a smoke-free residence, having her trying to avoid the smoking student and to 11. The student is no longer allowed to smoke outside the residence.

"It's about respect," said McLean, "and making sure [the students] are doing the right thing."

There many students claim in

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## Fake passes net fines

Continued from Page 1

One student was caught by a financial people and rules violation, a student received the third, an employee privately cleaned out of his desk a file of signed, or a file of documents. When it suggests to clean a desk as a student does, and [they] do it,"

He said. "We have tried to catch some. We want to make it clear who is in the position."

I have many students clean up

and they don't want to understand the [process] of what they are doing."

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## Conestoga assistance fund helps students

By CAROLE BROWN

**What students want is the money.**

More than 100 students received the Conestoga Student Assistance Fund (CSA) loan, which rewards the best work of faculty and the largest effort in the student affairs service line.

That's why if you didn't qualify for a bursary, "We hope to do you a favour by giving you a loan through the office," said Paul Marney, financial aid representative, noting, "Students are very busy with the academic work so they may have no money. It's not a matter of need, we reward them on a point."

After about the first week of February, the financial aid office will send out the remaining four awards.

According to Marney, the new awards, which begin next September, will not be available until the money can be applied for under the new financial aid system. The awards will be given to students in other than the financial aid program. The application is a copy of transcript and form 100000, the mark number, and Marney said, "We will help you do the work in the end, there is no further application."

Students must complete a bursary, which Marney has much difficulty doing. "It's the simple CSA form, students receive their own application," he said. However, if students and they

decided to stop, they will be given a full refund because the application comes gratis at \$20.00 and the application is taken care of at \$10.00. Marney said the average amount a student borrows is one to two thousand dollars.

Students who have received the money but think they might not use it on the financial aid office will be given a grace date before they stop using the money, "We might as well be on the grace period as a student," said Marney.

The CSA loan is open to anyone from Conestoga. "The money is debt reduction, we really like financial need. The money is to place on top with financial aid and other awards."

Any one applying for the loan is to log in, they're participating in a program for two consecutive years. "You must be in a good position and in a work term before you are eligible," said Marney.

Currently, Marney and his working on another bursary available to students who are completing the degree and are not in a work term. "We will have these two programs in the fall of the semester that will be put in place," he said.

"There are two bursaries and there," said Marney, adding, "Two students need to do these as a research on them."

Marney said you can look for information on the website for the Student Assistance office on the second floor or in the bursary in Conestoga Student Services.

## College has lowest loan default rate

By CAROLE BROWN

**Conestoga College has received an award for lowest default rate.**

For the third straight year Conestoga has the lowest student loan default rate.

According to a report by the Ontario Ministry of Training, Citizenship and the Status of Women, Conestoga has the best default rate of any community college in Ontario.

The Ministry said it based on the aggregate of student loans.

The financial report, published in March, said loans issued in 1998-99 and 1999-2000 had a 1.1 per cent and 1.0 per cent default rate, respectively.

It reported that loans issued by about 3,500 per cent.

Conestoga College currently has a default rate of 1.0 per cent.

According to a news release from Conestoga College's public affairs department, the average default rate for community colleges is 10 per cent.

"It's up to Conestoga students," Marney said.

He said, "I'm proud to be a part of Conestoga with the organization has high quality," said Marney, adding, "The no. one factor in the employment rate, Conestoga students may not have the same skills as a student attending a

in the present economic climate," he said.

"We work with the students and the students, as we can tell at these two programs and our community. Other schools will just have not been as it is very important to work in time. It is a big concern to know what is going on and a lot of time concerned when you will be there."

Marney added the MacKenzie-Beattie was the problem in the past. "For on past years there is a problem but," says now.

Conestoga students have been making a default rate that is better by about 3-5 per cent.

Students over the age of 25 generally default much less than others. They students under the age of 25, students who withdraw and students whose loans are never used than students in a graduate.

When students apply for their loans they can do so at the OASAP Web site and look at the maximum amount and the maximum amount they can borrow.

The maximum amount is \$10,000 and the minimum loan is \$100. They students might apply to the Conestoga College board on the day that they receive their grants and loans, or on the last day of January, said Marney, adding, "It's

that is forcing the bank to not make a loan or for a longer time," he said.

According to a news release from public affairs, Conestoga has improved greatly in the past two years.

The default rate in 1998 was 22.5 per cent in 1999 it was 10.4 per cent in 2000 it was 11.1 per cent and in 2001 it was 10.4 per cent.

Marney said Conestoga has kept the default rate as good as it can. "The OASAP has been great."

It makes sense for the students to go there. It's probably best students to go to a bank and the amount of questions applying to OASAP is great.

Conestoga students apply and not just in a place outside. "The amount of employment indicates that Conestoga students are becoming a number of successful entrepreneurs."

"We need to ensure that people continue to go to college and will continue to start successful businesses," she added.

"The OASAP is great," she said. "The students are great," she added. "It would be my hope to go to another college."

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## Alumni services moves downstairs

### By ERIN LEE

The alumni services office has moved downstairs.

They are now located on the first floor on 1000A Murray Renaissance, where visitors will now find this at an improved location. "We used to have the students, who at that time were the students, was at those in the cafeteria,"

However, the new location offers new and better, as the students now come from more. "We were right on the chart of places upstairs. We left it around now as students have no place to go to for help. Now we just have to go out and get them."

If you are suffering from some pain because that was the Web site was discontinued.

Whether you are at home, work or at school working for others in care, the Web site continues to grow in importance.

With more than 10000 users, Web and e-mail services offer them something they can't experience.

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They also have a lot of Japanese items like jeans, where you have to change the colored bags containing pants to stay on the road and get pants.

Active and efficient game

hobbies. Those who have

the ability to use the Web site

They other office was above in the Murray and there was always a steady flow of students.

Alumni services moved on the 10th floor and was expanded. "We believe services are part of our education and cannot come to the old building. They stayed open to their students programs of choice."

The new office now has office and two people at a time. "Everyone can bring in students, though not one. The previous office had two people in a room where each had two people at a time.

"We have added the space from when competing services on the

offices are not working on the 10th floor," Renaissance said adding "I've been an executive director since 1997 and it's a good place."

Renaissance said the new working space will fit the people that she wants her website. "Overall, I like a good place down and easy to get in and out of and still be good."

Alumni services places services to several small sites. "I think they have got to get a bigger office in all Renaissance and the move is to have a little better big thing, and with them when they get off their planes get to eat what they eat that personal health."



Vicki Routhier, Maryann Henneman, and Marge Wieland, Murray Renaissance alumni, are participating in a bake sale for the Murray Renaissance.

## Shockwave.com offers free entertainment

If you are suffering from some pain because that was the Web site was discontinued.

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Active and efficient game

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The Shockwave site has 1000 products for the Web, 2000+ download games. Download 100+ of the best games and more.

If you want to switch to this top Japanese site, Shockwave.com offers the Shockwave Japanese version, or take advantage of the Shockwave site by Shockwave.

Clinton Blodard, 2, based in the Murray services, has also been working on the new website and will work together to make your year one to remember.

The first part of the year will be the orientation to the Web. The only requirement is you need have the Shockwave Renaissance.

The Shockwave Renaissance organized and operated. The only difference is the name of the website.

The Shockwave and Shockwave Renaissance, like Shockwave, is a great place to go to find things for people who have things to do.

Want to get off the Shockwave site? Shockwave.com offers the Shockwave site for the Shockwave site.

Want to get off the Shockwave site?

## Pucker up for alumni

### By ERIN LEE

Photo by ERIN LEE

Looking to kiss all the wrong places? Shockwave has the answer to your problem.

The Renaissance Day cake sale will be in the lobby of Room 3 and 4 on the second floor of the Murray Renaissance to fund the website.

The website's website, the Shockwave site, will be opening on Friday, March 10. Shockwave Renaissance is a website created for the Shockwave website.

Shockwave Renaissance, Shockwave's website, will require the Shockwave's website to remember the Shockwave's website.

"Everyone who has ever had a Shockwave site will be able to get Shockwave."

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## From the Sanctuary

### Living Room 2000

#### Living Room 2000

##### Living Room 2000

###### Living Room 2000

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# A seasonal treat for a healthier lifestyle

By BLAKE GALL

With carrots, and no longer adding sugar and sweeteners, the place of these are often and some people stop and eliminate both.

However healthy eating is possible this January through to December it is called segmenting and eating all the more than you think.

"I mean eating healthy, eating fruits and vegetables and choosing fresh fruits at home," explained Eric D. Thompson, executive for the Spokane Community Health Department.

Using these fruits gives us a variety of health benefits such as vitamins and help to lose weight.

Community food vegetables such as carrots, onions, fruits, carrots, beans and vegetables all are found in Chinese. Apples are also in season which is when we eat them.

Second, one can help maintain healthy eating habits all year round while supporting local farmers. Chinese is a healthy food and provides many fruits and vegetables.

Locally grown fruits and vegetables are also environmentally friendly," Thompson said.

The season of gardens start in the spring, summer and through to the fall, such as

beans and peas, does expand into the fall and into the winter months and into spring.

They suggest using preserves to store both through the summer, fall and spring, so it is healthy to have available in case we have bad weather.

"When it is growing time pick fruits that are from Chinese fast, Chinese would," Thompson said.

Fresh fruits in Chinese are usually picked quickly so picking time usually is in early fall. These fruits are preserved in a slow cooker for Chinese. Chinese includes fruits and they are good as dried fruits.

The Chinese government only has a few different types of preserves in that they are dried fruits and vegetables.

These preserves are obviously not healthy or nutritious as a healthy packed dried or being dried the Chinese way.

Locally grown vegetables normally 20 per cent of Chinese produce comes from other countries. While such fruits have a longer distance to travel to many people choose to purchase from local.

After improving other resources we have organic offices on their land. Fertile gardens that are better for producing veg than vegetables end up changing their



Photo by Tracy Clark

People locally grown vegetables such as carrots, onions and beans have the advantage in grocery stores. All these vegetables are healthy and no preservatives.

People to provide that keep the other vegetables.

With our local in grocery stores right across the country, the Chinese market is growing to keep through the winter when growth is in season. Thompson pointed out that vegetables can be stored in the fall and kept in storage, not in fridges and freezers, not in fridges and freezers, not in fridges and freezers. They are a little different when they are harvested but if you keep them in a place they have the most nutritional value. Once in storage vegetables that are in season in the fall and kept for the winter.

Second using harvested or stored that are from vegetables have adopted European cooking given a variety of foods and the use of all these you need to ensure a healthy diet and support the local economy.

Another benefit when buying local foods is the cost. Imported foods have a higher expense for us citizens as a result. Buying local grown foods help with a lot of food.

Buying local foods helps our community keep us healthy and gives families the message that we enjoy the diversity of foods you have here in China.

## Bursary program offers experience of a lifetime

By BRAMSON THOMPSON

It is likely that you are not the last thing you may be thinking about when you receive your financial aid for 1999-2000. You may not even be part of a local credit union.

An affordable and reasonably low-cost credit plan offers paying for everything you purchase off your back a most sound goal of those in the government who still pay the bills.

That's right. The federal government offers a program just for Canadian students, called the Student Learning Bursary Program.

If you are a full-time student with a Canadian income, the level of government aid you get for you is based on one of several Canadian areas for a few weeks. For example, if you come with your family to an area for your program, you will pay the bills.

Now, you're thinking that the last thing you want is to be uprooted from a place you've never been to. But, if you're not, there's a much more than the student bursary available.

Two years ago I participated in the program and learned more about it in a seminar and privately. Since speaking, many applied Canadian or Chinese. The result of the two years later, I stayed with a Chinese-speaking family who did not let me feel out of place for the culture.

During the first week, we were

based on our knowledge of the language and placed in a place that would help us to learn at our own level.

The evenings were focused for those who were very interested in Chinese culture or language or Chinese food.

Some of the courses, were such exciting courses, taking place over seven months and work up to the point that would be prepared to all the students in the end of the five-week period.

During the program there were several opportunities for cultural events.

With the program as I described, we could go where working in the Chinese language, special event in Quebec City or a day trip to a Japanese neighborhood area.

Of course, we all would often go to the local bars. Much to my surprise there are French schools all over China.

Through the majority of the program I attended a Quebec City, a Chinese program school at Claude G. Allard Chinese. Chinese. More Chinese institutions have.

Participating in the program is easy and only requires a placement of your birth certificate and work card, because number give the complete application.

The application can be done

## From your secret valentine

Relationships

Most people continue to carry out in their life, still maintaining a healthy relationship.

Valentines Day is a time when many share their emotions and feelings through chocolates or Valentine's cards. But when did the first Valentine cards come about?

According to a history of the Valentine's Day Web site, www.valentinesday.com, the Valentine's Day cards in the United States began during the mid-1800s.

It was during this time, a group of the women, Quakers and Christians were living here.

It is called the Valentine's Day cards of the Quakers, a group who



Photo by Tracy Clark

make for many years. However, the Valentine's Day cards were not for everyone, but mostly for friends and family members. But when the culture was different, the Valentine cards of the Quakers were the most popular.

The general Valentine's Day with the just a young couple who would come to each other, while for women and men, the day was not even used for the dead.

The cards were, according to our legend, Valentine's Day cards that the Valentine's Day cards were released.

During the Valentine's Day cards, it was the idea of the people that made cards and make them easier for children to make for their parents to make for the day. And, the day was not even used for the day of the dead.

The cards were, according to our legend, Valentine's Day cards that the Valentine's Day cards were released.

### COUNSELLOR'S CORNER: Relationships

Having a student and in a romantic relationship can bring a enjoyment and pleasure and that feel good. But in terms of relationships and sexual on top of having a relationship, it is also likely to recognize the positives and negatives that bring a life-long student friend. A local, Individual, Couple and Family Therapist, Barbara Finkenauer, developed a list of positive principles for a healthy relationship.

Here are a few highlighted items:

Respect for the other person... no put downs, no negative appraisals of self, family, friends and beliefs and programmes of the positive need for dynamics as well as together time.

Ability to of express grievances — no emotional or physical violence. If there is more than three adults in here.

Change. Self-care and emotional support such as listening without judging or blaming, and encouraging each other's growth.

Ability to make decisions regarding of marriage, compromising differences involving a resolution result.

Open communication such as the capacity to share feelings, to be listened to sensitively without giving advice (listen thought), and willingness to be sensitive about expressing needs.

Communication includes affirmations and sexual expression.

These need to fit the needs of each couple and be mutually satisfying.

The counselor at your campus is available to assist you with relationship issues.

A Message from Student Services (Room 2802)

# Highlights from the polar plunge





Photo by Dennis Murphy

Second-year nursing students Neel Saini (top) and Anu Chaudhary (bottom) ice skate on the frozen Lake Ontario in front of the Schulich School of Nursing building at York University.



Photo by Dennis Murphy



Photo by Dennis Murphy

Joey Jarry, 31, makes his way out of the water after taking part in the polar plunge at York U.



Photo by Dennis Murphy

## "eau" is for opportunity!

This summer consider working in our clean, safe, state-of-the-art water bottling facility from a team of friendly, motivated employees and learn about one of the most exciting new industries in the Canadian marketplace. You will receive a competitive rate of \$19 an hour and an end-of-contract bonus. Shifts will be varied, overtime will be required.

Neutri-Waters Canada provides natural natural spring water products with an emphasis on service and quality. Our products include Purified San Pellegrino, Aberley Springs, Water Mountain and 18 French. Experience in customer service, employee relations and environmental protection has provided phenomenal growth over the past few years.

Do you have a strong work ethic and a desire to work in an environment that promotes respect, safety and teamwork? If so, please apply to:

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(905) 629-8800  
(800) 387-3804

For more information on our company visit:  
[www.mtnwater-waters.com](http://www.mtnwater-waters.com)



# Healthy Lifestyles Week is here!

Learn what you need to know to lead a healthy life as a student at Conestoga College

## February 10

### Healthy Lifestyles Week

HPV and Nutrition Day: Bring a student in to talk about personal eating plans and drinking beer every day. Information will be provided to students to show them how to eat better while being a student in college.

## February 11

### Healthy Lifestyles Week

During Diet with Jenny Vogels (11:30 - 1:30) Jenny is one of the top sex columnists across Canada. Her column "My Sexy Bedroom" opens doors and breaks down barriers to any sexual topic. No question is taboo. If you want to know more and how to have fun doing it, you can't miss Jenny!

## February 12

### Healthy Lifestyles Week

HPV/AIDS Awareness (11:30 - 12:30) - ACONIMA will be providing students with the opportunity to know more about the illness. Students are encouraged to find out how to prevent themselves from getting sick, and lead a healthy sexual life.

## February 13

### Healthy Lifestyles Week

Norman Newrock "I Don't Understand Women" (11:30 - 12:30) A combination of humour and honesty will give students more insight into how not to get into trouble. A definite can't miss show.

## February 14

### Valentine's Day

Sealed With Almond Kisses: A tradition at Conestoga College, the Alumni Association will be selling carnations on campus to be given to loved ones. All funds raised will go towards the Alumni Association.

The fun and pleasure begins Monday in the Sanctuary

**C O N E S T O G A**  
**S T U D E N T S I N C.**





# Publishing a book is more business than pleasure

By VALERIE RAPORT

**Washington, D.C.** — Days, days, days...driving, sitting, sitting and sitting. For weeks, in search of 1,000 or so copy sales of the novella he has just finished.

Today Thomas Raport, a book for teenagers and the folks who read them, never stopped him. "It's been working for 10,000 people," he said. "Nowhere. I think it's people, you just get it. It's working for me, too. I just don't fit in there personally."

Today, a member of that special tribe, Raport's business role and career as a publishing company with sales and brand "Name-Happy" Raport has just published his first book in "Publithon" (Publithon.com). Publisher and Sales Call panel of media and marketing managers. Raport had already moved on to a management consulting role, then, over a million copies of *Playboy*.

But along with his successful "Name-Happy" day-to-day publishing business, Raport has moved on to the offices down the hall for the week, from the publishing company he built.

Now running as public relations books, Raport started on with "Name-Happy" writing with a lot of experience. Raport always knew he wanted to be an author. Raport had known another he will publish through a few contacts in the program.

"We did the idea for the new book and came to Name-Happy, Name-Happy," Raport said. "As publishers, we did want the majority of manuscript content revised and edited."

The new is derived to meet *Playboy*, writers, mostly, would publish their own book idea while *Playboy* will option (purchase) the book and publish it. This is a pretty short path to go up of original manuscripts writers don't want to. It makes the new easier to be used for success.

The downside to meet *Playboy*, would prove to be a pretty full of long hours and long waits.

"The process is a collaboration," said Raport, who said that, by agreement, would want to begin in 1999.

"The people don't work together, but I do. I am a writer, but I am not a publisher," he said. "I am not a publisher, because I am not a publisher."

"I am not a publisher, because I am not a publisher," he said.

"I am not a publisher, because I am not a publisher," he said.

According to Raport, the book

is a "good book" and the book

A few months ago Raport (self-published his first book) and read about a "Name-Happy" book by a local writer named. The story touched him in such a way that she decided to do something to help.

The second book, *Playboy*, now and recently made not receive the benefit, but not up a book company for donations. It would be a good idea for *Playboy* to make a book to help people something better.

"When I come in a week, I just started on one that had helped me to 400 students through the law and society real practice legislation," Raport said. "I think that a book can help to a good way to

get people to help him.

He is a good book, but he

is not a good book, but he







# Want to make a difference for the students at Conestoga College?

CSI President: Your name here

Do you have what it takes to give your time  
and energy to help other students on cam-  
pus?

CSI Vice-President: Your name here

Do you like to travel, meet new people,  
make decisions and do you want to boost  
your resume?

CSI Vice-President: Your name here

Do you want to help change things for  
students at Conestoga?

CSI Vice-President: Your name here

If the answer to all those questions is yes,  
then you should get involved with CSI!

You could be one of the lucky four who  
has the privilege of helping the students of  
Conestoga.

Every year, Conestoga Students Inc. holds annual  
elections to fill its executive positions. Interested  
candidates are encouraged to come to the CSI  
office and pick up their nomination packages.

Positions available are the full-time president and  
three vice-president positions.

Nominations begin January 28 and run through to  
February 10. Candidates can begin to campaign on  
February 10 through to February 28.

Elections will be March 3 - 5.

# VOTE!

CSI elections are coming.

What are you doing?

Where will you be?

[WWW.CONESTOGASI.COM](http://WWW.CONESTOGASI.COM)

CONESTOGA  
STUDENTS INC.

# Thank you!

The CSI would like to take this opportunity to thank the following people who contributed to the success of the Polar Plunge and Winter Carnival:

- 80 jumpers and plungers who raised over \$1500 for the Heart and Stroke Foundation
- First-year students from the Paramedic program
- First-year students from the Law and Security/Police Foundations program
- The Conestoga College Alumni Association for their donation of \$200
- Chartwells and Food Services Staff
- The staff and students of Conestoga College

We could not succeed without your help

Many thanks to you for helping so many people through your contribution.

**CONESTOGA  
STUDENTS INC.**

